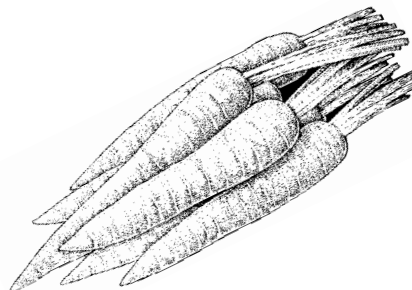


# CARROTS

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## Nutrition and Health...

Carrots provide vitamins A and C. Carrots are also a source of fiber and potassium. A ½-cup serving of cooked carrots is 35 calories.

## Selection...

The best carrots are those that are well formed, smooth, firm and blemish free. Smaller types are more tender than the large varieties. Avoid carrots that are wilted, flabby or cracked. Also avoid large green "sunburned" areas at the top or those that show soft decay. The condition of the tops does not indicate the quality of the root.

## Storage...

Remove the green tops before storing because they increase the respiration rate and draw moisture from the carrots. Place carrots in a plastic bag before storing in a refrigerator crisper. (Cut small slits in plastic bag for air circulation.) Carrots taste best when used within two weeks. The nutritional value will decrease over time, so choose carrots that have been most recently harvested for the greatest nutritional value.

## Preparation...

Serving carrots may be the easiest part of this versatile vegetable. Raw carrots cut into match-like sticks are a popular and nutritious addition to a relish tray or salad. If your carrots are slightly old, you can perk them up by immersing them in water for about 30 minutes to rehydrate. One cup carrots can also be freshened by placing them in a mixture of 1 cup water and 1 teaspoon lemon juice. Always wash carrots carefully. Carrots may be scraped, pared or cooked with the skins on. Skins can be slipped off cooked carrots when held under running water. Carrots can be boiled, steamed, baked or sautéed.

## Recipes

### *Carrot Plus Three Salad*

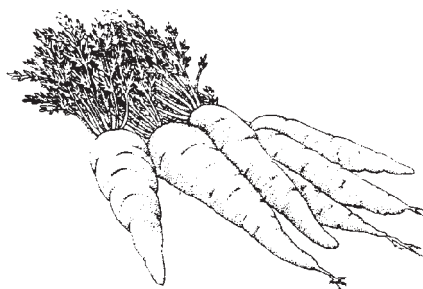
3 cups raw, grated carrots	1 cup plain yogurt
2 unpeeled red apples, chopped	3 tablespoons salad dressing (mayonnaise type)
½ cup raisins	1 tablespoon lemon juice
¼–½ cup toasted slivered almonds	

Combine carrots, apples, raisins and almonds in salad bowl. Blend together remaining ingredients and add to mixture. Serve on salad greens.  
Serves 6.

### *Copper Pennies*

2 pounds carrots, cut into ¼-inch slices	1 teaspoon Worcestershire sauce
1 can tomato soup	1 teaspoon prepared mustard
½ cup vegetable oil	1 small bell pepper, sliced
¾ cup vinegar	1 medium onion, sliced
1 cup sugar	
salt and pepper to taste	

Cook carrots until tender, about 20 minutes. Combine soup, oil, vinegar, sugar, Worcestershire, salt, pepper and mustard. Beat well. Add carrots, bell pepper and onion. Marinate overnight.



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